

High Risk HPV

HPV type 16 and 18 are known as 'high risk' types and is the cause of most anal, oropharyngeal cancers (cancers of the middle part of the throat, including the soft, the base of the tongue, and the tonsils) as well as the majority of cases of cervical cancers (Over 70%).

Cervical cancer and HPV 16 & 18

Cervical cancer is commonly caused by HPV types 16 and 18, which is transmitted during anal, oral or vaginal sex. Usually HPV types 16 and 18 do not cause any symptoms, resulting in women not knowing their status. Cervical cancer affects 1 out of 40 women in South Africa and approximately 10 women in the country die from it every day. The World Health Organisation (WHO) estimates that by 2025, this could increase to up to 12 women per day.

How to detect HPV

Currently there are no approved tests for HPV in men. Due to the fact that HPV types 16 and 18 are the main triggers of cervical cancer, women are advised to have an annual Pap smear and HPV test.

- The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.



On the shelf tests

Going to the gynecologist can be expensive, time consuming and uncomfortable for some. New technology however has introduced Do-It-Yourself tests, allowing women to purchase these tests online or at certain stores- saving time and money.

UDoTM test



UDoTest, makes testing for STDs and HPV easy with the UDoSTDTest and UDoHPVTest. The advanced molecular self-collection screening tests are conducted within the comfort of one's home.

The UDoHPVTest enables ladies to test themselves for Human Papillomavirus (HPV); the same virus that causes 99% of Cervical cancers.

UDoSTDTest provides solid results for individuals testing for Gonorrhoea and Chlamydia. These STDs are prevalent in our country. UDoTest ensure a simple, safe and discreet way of home-collection testing as well as learning about treatments available.

Find out more at: www.udotest.com

If you think you may have been exposed to HIV or HPV, or perhaps you are avoiding your Pap smear... get tested! Make sure you get tested for HIV at your onsite clinic or at your next wellness day!

Check the facts...

<http://www.cdc.gov/std/hpv/pap/>
<http://www.cdc.gov/hpv/parents/signs-symptoms.html>
<http://www.cdc.gov/hpv/parents/whatishpv.html>
<https://aidsinfo.nih.gov/education-materials/fact-sheets/20/48/the-basics-of-hiv-prevention>
<https://www.aids.gov/hiv-aids-basics/hiv-aids-101/how-you-get-hiv-aids/index.html#how>
https://www.health.ny.gov/diseases/aids/consumers/hiv_basics/s_tds_hiv.htm
<http://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-fact-sheet>
<http://www.aids.org.za/hiv-aids-in-south-africa/>
<http://www.webmd.com/hiv-aids/top-10-myths-misconceptions-about-hiv-aids?page=2>
<https://www.aids.gov/hiv-aids-basics/hiv-aids-101/how-you-get-hiv-aids/index.html#how>
<https://www.udotest.com/>

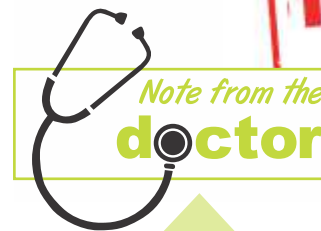
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workforce[®]
healthcare

"One of the best ways to fight stigma and empower HIV positive people is about speaking out openly and honestly about who we are and what we experience"
- Alex Garner (HIV Activist)

This month we focus on:

World Aids Day, HPV & Cervical Cancer



1ST DECEMBER WORLD AIDS DAY

Stats SA reported 5.51 million people infected by HIV in 2014. This has increased from 5.38 million in 2013.

Although free treatment is available and approximately 10 Billion Rand was spent on HIV related diseases during 2013, this has not seen a drop in the infection rate.

HIV is a disease that is crippling South Africa. It is an epidemic that is not being controlled, even though Billions of Rands are spent annually. One of the most common cancers in our country is Kaposi Sarcoma, an AIDS related disease. This disease is a tragedy and is extremely rare in first world countries.

Do not become another statistic. HIV is transmitted through unprotected sex with multiple partners!

Our role is to prevent disease using the workplace as a platform to identify risk and manage it. This is one of the major threats to our citizens and it can be prevented!

Dr. RB Malkin

WHY IS THIS DAY IMPORTANT?

World AIDS Day is held on 1 December each year and is an opportunity for people worldwide to unite in the fight against HIV and AIDS, show their support for people living with HIV and AIDS and to commemorate people who have died. World AIDS Day was the first ever global health day with the first one being held in 1988 to identify risk and manage it. This is one of the major threats to our citizens and it can be prevented!

As Sub-Saharan Africa is the region worst affected by HIV and AIDS and South Africa has the highest prevalence of HIV/AIDS compared to any other country in the world (5.6 million people living with HIV recorded in 2011), it is important for all South Africans to understand the causes of HIV and AIDS and how to prevent/protect ourselves from the virus.



WHAT IS THE DIFFERENCE BETWEEN HIV & AIDS?

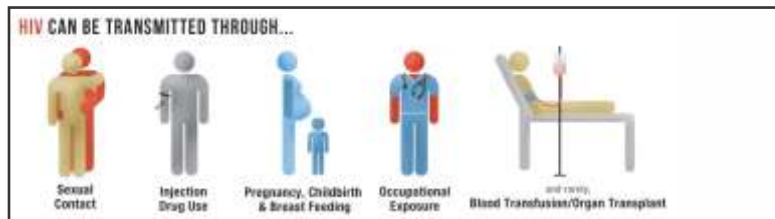
HIV is often seen as being the same as AIDS but this is not true. HIV and AIDS are two different things. HIV is the name of a virus – the human immunodeficiency virus. The term AIDS is short for Acquired Immune Deficiency Syndrome. An HIV-infected person is said to have an AIDS diagnosis when HIV has weakened their immune system to the extent that they either have, or are at unusually high risk of getting certain diseases that are uncommon in persons with a healthy immune system. It is important to know that not all HIV-infected people develop AIDS. Effective HIV treatment can often slow or stop the progression of HIV and keep a person from developing AIDS.

How is HIV spread?

HIV is spread from an infected person to another person through direct contact with some of the body's fluids. It is not spread easily. Only certain body fluids from an HIV-infected person can transmit HIV:

- Blood
- Semen
- Pre-seminal fluid
- Rectal fluids
- Vaginal fluids
- Breast milk

These body fluids must come into contact with a mucous membrane or damaged tissue or be directly injected into your bloodstream (by a needle or syringe) for transmission to possibly occur. Mucous membranes are the soft, moist areas just inside the openings to your body. They can be found inside the rectum, the vagina or the opening of the penis and the mouth.



How you can reduce your risk of getting HIV

Anyone can get HIV, but you can take steps to protect yourself from HIV infection.

- Get tested and know your partner's HIV status. Talk to your partner about HIV testing and get tested before you have sex.
- Have less risky sex. Oral sex is much less risky than anal or vaginal sex. Anal sex is the most risky type of sex for HIV transmission.
- Use condoms. Use a condom correctly every time you have vaginal, anal, or oral sex.
- Limit your number of sexual partners. The more partners you have, the more likely you are to have a partner with HIV whose HIV is not well controlled or to have a partner with a sexually transmitted disease (STD). Both of these factors can increase the risk of HIV transmission. If you have more than one sexual partner, get tested for HIV regularly.
- Get tested and treated for STDs. Insist that your partners get tested and treated too. Having an STD can increase your risk of becoming infected with HIV or spreading it to others.

The link between STI's & HIV/AIDS

Sexually Transmitted Infections (STI's) are spread the same way as HIV is spread- through bodily fluids (having unprotected vaginal, anal or oral sex). HIV and some STIs can be passed from a mother to her baby while she is pregnant, during birth or through breast feeding. HIV and some STIs can also be spread by sharing drug "works" with someone who has HIV or an STI.

STI- Human Papillomavirus (HPV)

The Human Papillomavirus (HPV) is the most common Sexually Transmitted Infection.

But what is HPV?

Human papillomavirus (HPV) is the name for a group of viruses that affect your skin and the moist membranes lining your body, for example, in your cervix, anus, mouth and throat. HPV is a common and highly contagious infection, with over three quarters of sexually active women acquiring it at some time in their lives.

HPV has a group of more than 150 related viruses. Each HPV virus in this large group is given a number which is called its HPV type. HPV is named for the warts (papillomas) some HPV types can cause. Some other HPV types can lead to cancer, especially cervical cancer. There are more than 40 HPV types that can infect the genital areas of males and females.

Symptoms of HPV

In most cases, HPV does not have any symptoms and can go away on its own. This is common in people with a high immune system. However generally if a person with a low immune system (someone who have HIV or AIDS) contracts HPV, it can lead to genital warts or cancer.

Symptoms may include:

- Bleeding between periods
- Bleeding after sexual intercourse
- Bleeding in post-menopausal women
- Discomfort during sex
- Vaginal discharge odour
- Vaginal discharge tinged with blood
- Pelvic pain

